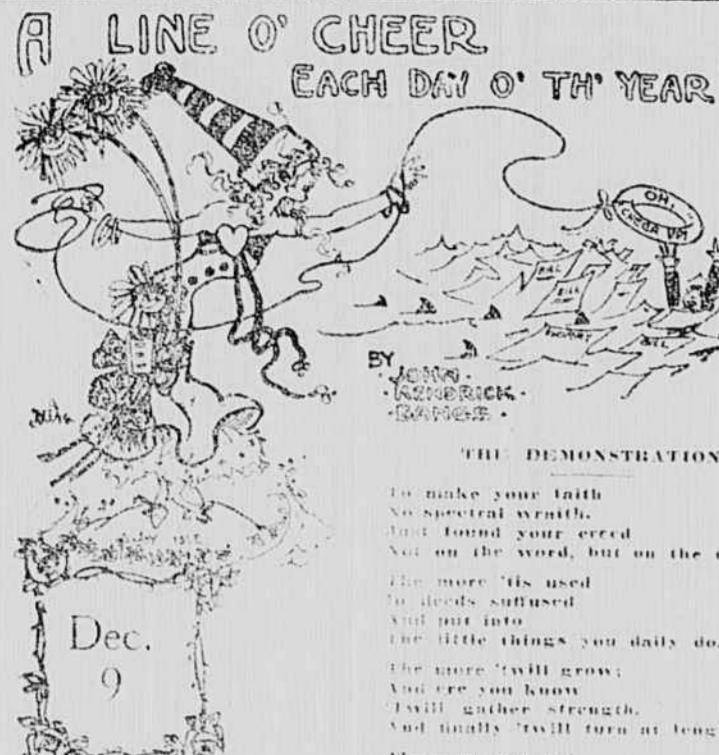


Of Interest to Every Woman

Edited by Martha Westover



THE DEMONSTRATION.

To make your faith
No spectral writh,
And round your creed
Not on the word, but on the deed.
The more 'tis used
To deeds suffused
And put into
the little things you daily do.
The more 'twill grow;
You are you know
'Twill gather strength,
And finally 'twill turn at length.
The more you act
Into a fact
So plain that you
Will never have to prove it true.

Dec. 9



A Smart Hat.

Of black velvet,
Trimmed with one small
orange feather.

New Indian Animal Stories

Where the Yellow-Jacket Came From

By John M. Oskison.



Children, get out your water-color paint box and color up these pictures.

Long time ago, when a little Indian boy, who was very impudent, found them in a big family of yellow-jackets wasps, he would never be seen again if he had picked up with a stick. And when he had picked up with a stick, he would run away, because he could think no matter how fast he ran that the man Yellow-jacket, who was the head of the family, and the yellow-jacket warlors, who were always ready to defend the nest in the thick grass, would fly across and unless the little boy stopped and waited still pretending that he was stamping, he would run across home with his dozen others of his kin and cross the road of the old men who would go to the boy while he made some soft mud to lay on the yellow-jacket's house. He had been laying on the yellow-jacket house with a stick, and all at once the old man had said, "What's this?"

The great Clugan came to carry it off, they could not find it to the place where it lived. But when it came and carried away the required it darted off so fast that no one could keep the white wing in sight for long.

At first they killed a large deer and the great Clugan came to carry it off, they could not find it to the place where it lived. But when it came and carried away the required it darted off so fast that no one could keep the white wing in sight for long.

At last they killed a large deer and the great Clugan came to carry it off, they could not find it to the place where it lived. But when it came and carried away the required it darted off so fast that no one could keep the white wing in sight for long.

At that time, a great many of the people lived in a big settlement on the river which flows south. Half a day's journey away to the north was a great mountain, and nearly every day the people would hear a great noise in the sky toward the mountain, and pretty soon the great Clugan would swoop upon them.

It is a good thing little ones that you did not meet the great Clugan. And then, of course, the little ones would want to know about the Great Clugan—us he defected, he would forget the pain of the yellow-jacket's sting. This is the way the old man would tell it.

At that time, a great many of the people lived in a big settlement on the river which flows south. Half a day's journey away to the north was a great mountain, and nearly every day the people would hear a great noise in the sky toward the mountain, and pretty soon the great Clugan would swoop upon them.

And ever since they have carried their children back, and ever since they have been angry with the children of man because the children grew up enough to carry away little boys to their cell houses. They have even given up their homes in the caves, and they build their nests in the thick grass near to the settlement, hoping that some day they will grow as big as the first great Clugan, and then they will grab the nearest boy and tie a white string to it, so that when

SUITING THE DESSERT TO THE DINNER

It is bad taste when dining to show the least concern in regard to the courses following the one being served, yet a few people show courage enough sometimes to ask what the dessert may be. One college girl used to ask the maid to tell her whenever mince pie was to be served.

This girl understood the food value of that piece of mince pie and she knew if she wished to partake of it she must eat all the courses preceding. An ordinary piece of mince pie is equal in food value to a piece of roast beef, a medium-sized potato and a slice of bread, with a liberal amount of butter.

A business man is often reproved for choosing a piece of apple pie and a glass of milk or a piece of cheese for his noonday lunch, instead of a serving of meat, a vegetable and bread; but the lunch of pie and milk is not less in food value than the meat lunch, writes John C. Chapman, professor at Oklahoma Agricultural College, in Good Housekeeping.

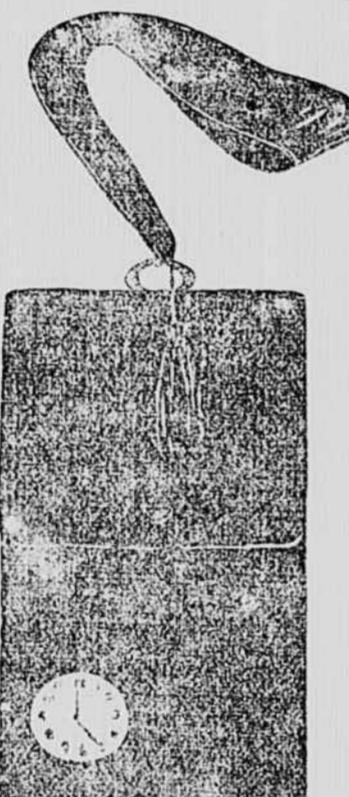
There are two extremes: desserts far too heavy unless their real food value is known and the rest of the meal is planned accordingly; and desserts too light to satisfy the hunger unless a sufficient supply of other things be eaten. What place then have desserts in the diet? Do they serve a purpose or are they simply waste efforts?

The Ideal Dessert.

Perhaps there is no portion of the meal which requires more time, more thought in planning and more care in preparation than the dessert. An ideal dessert must be well flavored and attractive in appearance. If it is to be eaten, it should be appetizing and hence appealing, and it should be means of tickling the palate. A piece of meat may be practically ruined in taste and yet be eaten with disappointment, whereas, but a poorly prepared dessert will be left untouched. A dessert failing in its essential quality, its appeal to the appetite, can be considered a waste effort always.

But one may spend the morning toiling the long and complicated process of making puff paste, for example, and the result be a wonder to behold—paste absolutely perfect in darkness, crispness, form and color. A filling must be made to equal the crust in every respect. But consider the time taken compared to the quick mixing of a plain pie crust and tell me

THE KODAK BAG



Distinctly smart in green imported leather, lined with green moire. A coin purse is attached to a chain at the side and several small compartments contain mirror, pad and pencil and a small watch is set in one corner.

If the result is reward enough for the hours spent in preparation of that puff paste. Could one honestly say that the household would not "smack" their lips just as enthusiastically over a plain apple pie as over any tart ever manufactured of French pastry? Such a time-consuming dessert is an absolute waste.

But the one essential which makes a dessert a product well worth the time, care, thought and actual cost, or makes it simply a waste effort from every standpoint, is the knowledge of its true food value, then making it serve its purpose in that respect.

A Useful Table.

A housekeeper should have a little table of desserts carefully classified to constant reference or written out in tabulated form, arranging her stock of successful desserts into three classes.

These are: heavy, medium and light. Then the housewife should consider whether this dinner she is planning is high in food value or low and apply the kind of dessert that will make a well-balanced meal. The following table will illustrate such a classification:

Heavy desserts—Pies, cakes and

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,



A coating of brocaded crepe de chine in terra cotta worn with a skirt of dark blue. The girl in the sketch does not wear a bodice, but instead inserts a muslin chemise frilled with lace in the center.

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

Household Notes

When boiling potatoes try putting a cloth over them before putting on the lid. They will take much less cooking and be much more mealy.

A good substitute for a salt is to mix two tablespooms of soda and a teaspoonful of ammonia to one gallon of boiling water. Pour this down the sink.

If the result is reward enough for the hours spent in preparation of that puff paste. Could one honestly say that the household would not "smack" their lips just as enthusiastically over a plain apple pie as over any tart ever manufactured of French pastry? Such a time-consuming dessert is an absolute waste.

But the one essential which makes a dessert a product well worth the time, care, thought and actual cost, or makes it simply a waste effort from every standpoint, is the knowledge of its true food value, then making it serve its purpose in that respect.

A Useful Table.

A housekeeper should have a little table of desserts carefully classified to constant reference or written out in tabulated form, arranging her stock of successful desserts into three classes.

These are: heavy, medium and light. Then the housewife should consider whether this dinner she is planning is high in food value or low and apply the kind of dessert that will make a well-balanced meal. The following table will illustrate such a classification:

Heavy desserts—Pies, cakes and

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gelatine jelly, jellies,

cookies, stet puddings, rich shortcakes, rich ice cream, preserves.

Medium desserts—Custards and souffles, rice, cornstarch, rago, tapioca puddings.

Light desserts—Fresh and stewed fruits, plain gel